

## Meet the GENE Team!

**Coach Kim** studied psychology at UCSB and is looking forward to becoming a Registered Dietitian to support people who are diagnosed with diabetes. Coach Kim can help you meet your nutrition goals while maintaining the fun in food. She is a great listener and enjoys helping others find unique solutions. On the weekends, Coach Kim loves finding dog- friendly hikes and enjoying a delicious plate of pasta. She looks forward to getting to know you and helping you achieve your goals.

**Coach Rene** is looking forward to starting a meaningful dialogue with you. He is a researcher, video gamer, and an avid anime watcher, as well as loves participating in CrossFit, track & field, cross-country, and taekwondo. He identifies as a gay Mexican-American so he is familiar with being culturally aware and creating a safe and open space for others to be comfortable. Coach Rene wants you to know that our work together happens in a judgment-free zone and change begins within yourself.

**Coach Shira** has a passion for all things nutrition, health, and wellness. When not doing school work, you can catch her in a Pilates class, grocery shopping, looking into the latest skincare/beauty products, or hanging out with her enormous bullmastiff, Moose (who like Coach Shira, also loves to eat veggies and quinoa.) Coach Shira does social media work for a cooking instructor, so you can often find her in the kitchen filming nutritious and delicious food content. She is a firm believer that food is medicine for the body and soul. Coach Shira can't wait to help you reach your goals.

**Coach Manuel** (friends call him Manny) has a passion for everything nutrition, sports, and health. He loves to try foods from diverse cultures and backgrounds. Coach Manuel can help you navigate and explore various nutrition areas, including food budgeting, meal prepping, grocery listing, and cooking. When working with Coach Manuel, you can be sure that changing food behaviors and finding health will be easy and fun.

**Coach Susie** has a passion for nutrition, health, and wellness. She is an aspiring registered dietitian and hopes to one day serve the world by helping others reach their nutrition goals. Coach Susie loves spending time doing yoga, Pilates and going on nice walks. She enjoys drinking matcha lattes and eating a variety of yummy foods like avocado toast and poke bowls. She is happy to be here as a resource and guide to help you achieve anything you want. Let's collaborate!

**Coach Darmesha** is passionate about food and physical activities. Sports, food, and wellness are driven in every area of her life. Coach Darmesha has an athletic background and strives to help you answer your nutritional questions and explore your unique needs. Let's talk food; be well!